



**FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY**

PERSONAL TRAINING JUST FOR YOU! MEET OUR TRAINERS



TJ MURPHY, ISSA Certified PT

After high school I enlisted into the United States Marine Corps. I deployed twice to Iraq, when I got out I brought with me the physical fitness that the Marines instill in us. I've always been athletic and I've worked out since I can remember. I absolutely love showing people and kids just exactly what they are capable of. I truly believe that a healthy lifestyle is the key to a happy life.



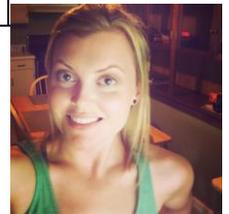
ALYSA BRENEMAN, NASM Certified PT

My name is Alysa Breneman. I am a new Certified Personal Trainer here at the YMCA. I was born and raised in Camp Point. I played volleyball all through school and up until about 2 years ago that was the extent of my physical activity. One day I decided I needed a change so I reached out to a personal trainer. In a few short months this decision changed my life in so many ways! Little did I know this was only the beginning. The gym became my obsession and then my passion, which led me to getting my certification so I could help make a positive change in other people's lives as well!



ANDY VOGLER, AFFA Certified PT

Andy's experience as an athlete has led her to be involved around weight training for 20 plus years. In her spare time, Andy enjoys spending time with her family and teaching skills to her children. When asked why she likes to help others, Andy says "I love to help others because I know how it feels to feel bad and down about yourself, and also how amazing it feels (can feel) to be healthy and be happy and love yourself! I want to motivate and help others feel amazing and develop healthy habits in their daily routines!"



KYLIE BRIGGS, NASM Certified PT

Hey, I'm Kylie Briggs! I also specialize in Nutrition for Fitness and Women's Fitness. I started on my own fitness journey about 7 years ago, after being involved in various sports all throughout school I struggled to find new ways to keep up my active lifestyle. I finally settled on an aerobic kickboxing class which jump started my love for fitness, since that first group fitness class I became a member of the Y and discovered many others since then. I've discovered my passion for helping others is seeing them achieve their fitness goals as well see the confidence they gain. You can typically catch me weight training or on the rowing machine at Y, feel free to ask me any questions you may have!

Info

You may register for PT at our front desk. Groups (up to 4 individuals) may also purchase 1 personal training card together. Here are our prices compared to our local Quincy competitors:

Mt. Sterling YMCA Personal Training	Local Quincy Competition Personal Training
1 one hour session: \$16 for 1 client	1 one hour session: \$37.50 for 1 client
5 one hour sessions: \$64 for 1 client	5 one hour sessions: \$161.25 for 1 client
5 one hour sessions: \$32/person for 2 clients	5 one hour sessions: \$110.62/person for 2 clients
5 one hour sessions: \$21.33/person for 3 clients	5 one hour sessions: \$73.75/person for 3 clients
5 one hour sessions: \$16/person for 4 clients	<i>Does not offer PT for more than 3 clients</i>

Mt. Sterling Community Center YMCA
PO Box 247, Mt. Sterling, IL 62353
P 217 773-2230 W mtsterlingymca.net



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PERSONAL AND GROUP TRAINING FAQ'S

Here are some common questions we receive about our personal training and group training. We hope this helps as you strive to accomplish your fitness goals!

QUESTION 1: How do I schedule a PT appointment?

A: To schedule a PT appointment, please visit our front desk. If you have a trainer in mind that you would like to train with, they will receive your contact information and will reach out to you within 2 days to schedule your first session. If you do not have a trainer picked out, you will be assigned one based on your availability preferences.

QUESTION 2: Can I meet one of your trainers before registering for a PT session(s)?

A: Of course! You may schedule a fitness consultation (each new member is entitled to 1 free fitness consultation). Again, if you have a trainer in mind, they will contact you within 2 days to schedule, otherwise you will be assigned a trainer based on your availability preferences. See our front desk to get signed up for your consultation.

QUESTION 3: My friends and I would like to sign up for Group Training. How does it work?

A: Great! You and up to 3 friends may train together with one of our trainers. You will register under 1 name and pay the \$64 total fee up front. (\$16/person). All money must be paid before a PT card is issued. We recommend one person in the group take lead and pay the fee in its entirety and then collect their friend's portions separately.

QUESTION 4: We just signed up for Group Training. Do we just receive 1 card? Or do we all receive a card?

A: Your group will receive one 5-visit punch card. Each time any of you use a session with a trainer, the card is punched. This means that if only 1 person in your group shows up for a training session, the card will be punched. We recommend that your group finds a time that best works for each person.

QUESTION 5: Our group is just my friend and I. Can we still do Group Training?

A: Of course! Instead of your fees being \$64 for 5 sessions as an individual, since it is split amongst 2 people, your cost will be \$32/person for 5 sessions. If you have 3 persons in your group total, your cost will be \$21.33/person for 5 sessions. With 4 persons in your group, your cost is \$16/person for 5 sessions. Again, the total fee of \$64 must be paid before you receive your card for the group.

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